

## THIS MONTH IN CAMPUS MINISTRY

**MEDITATION: A TOOL FOR SELF-KNOWLEDGE:** Relaxing, centering; quieting and concentrating the mind; attuning to the body-mind-soul connection. The sessions will draw upon various traditions and each will include a "quiet sitting". Wednesdays 12-1 p.m. and Thursdays 4:15-5:15, Annex Z (SGW) Room 105. (Daryl Lynn Ross - 848-3585).

**PRISON VISIT PROGRAM:** A dialogue program with inmates at Archambault Prison. Visits will run for eight weeks each semester, on Tuesday afternoons. Volunteers must meet with one of the chaplains ahead of time. Visits start October 4th. (Peter Côté 848-3586 OR Matti Terho 848-3590.)

**BUILDING BRIDGES:** A group for men and women to talk about sexuality and gender issues. Gay and lesbian positive Wednesdays, 2:30- 4:00 p.m., Annex Z Rm 105 (Daryl Lynn Ross - 848-3585).

**GATHERING OF MEN:** A group of men who are interested in the need to evaluate male identity by reflecting on the various images of maleness in today's culture and its implications with regards to male sexuality and spirituality. A new group may be forming on the SGW Campus (Matti Terho: 848-3590)

**OUTREACH EXPERIENCE** is an opportunity to make a difference, to discover new skills and talents and to get involved. Participants will be invited to volunteer their time to work with children, teens, the elderly, the poor or the sick. The commitment required depends on your interests, availability and desired depth of involvement. Three information meetings: Either Thursday October 6 at 1:30 p.m. or at 2:30 p.m. or on Friday October 7 at noon. Annex Z (SGW) Room 105 (Michelina Bertone S.S.A. (848-3591).

**SELF-KNOWING & COMMUNICATION:** Would you like to know yourself better (What are your values, abilities, limitations etc.)? Want to work on your inter-personal communication skills, and learn problem solving strategies? This series of workshops will help. Every second Friday, 1:30- 3:00 p.m. beginning October 7, Loyola, Annex WF (Daryl Lynn Ross - 848-3585).

**A RETREAT AT OKA MONASTERY:** Spend a weekend with these Trappist monks whose tradition of prayer and meditation goes back over 1500 years. A time to experience this prayer tradition and time to change gears, to slow down and reflect on your own journey, as to where you are going and what your studies mean. This semester it will held on the weekend of October 28-30th. The all inclusive cost is \$50. For information, or to reserve a place call Bob Nagy (848-3587) or Peter Côté (848-3586)

**A JOURNEY OF DISCOVERY:** Using guided imagery, meditation on the Word of God, creative expression and other techniques, participants will have the opportunity to discover the unity of mind, body and spirit, to form new bonds with others and deepen their relationship with God. Thursdays from 12:00-1:15 p.m. Beginning October 6th .Annex Z (SGW) Room 105 (Michelina Bertone S.S.A. - 848-3591).

**MOTHER HUBBARD'S CUPBOARD:** A group, sponsored by Peer Helpers, for students with limited budgets, will meet to explore various alternatives available to them, in a friendly & supportive atmosphere. We will begin with a **FREE SPAGHETTI DINNER** on October 5 at 5: p.m. in Annex T (2030 Mackay) for more information call *Peer Helpers* at 848-2859 or Daryl Ross:848-3585.

**MULTI-FAITH DIALOGUE:** Students meet for a 'brown bag' lunch discussion that is designed to promote understanding and dialogue between members of various faiths Those interested should call Matti Terho at 848-3590

**FAITH INQUIRY:** What does it mean to have faith? Can one lose one's faith? What do Catholics really believe? Anyone interested in pursuing an open-ended inquiry into a Catholic perspective of faith, Call Bob Nagy (848-3588)

**EUCARIST IN THE LOYOLA CHAPEL:** Monday to Friday at 12:05 and on Sunday at 11:00 a.m. Students, faculty, staff and alumni gather to celebrate the Eucharist (RC). All are welcome! Please join us?

LOYOLA CAMPUS: *Belmore House (ANNEX WF-2496 WEST BROADWAY) 848-3588.*  
SGW CAMPUS: *Annex Z (2090 MACKAY) 848-3590 OR 848-3591*

